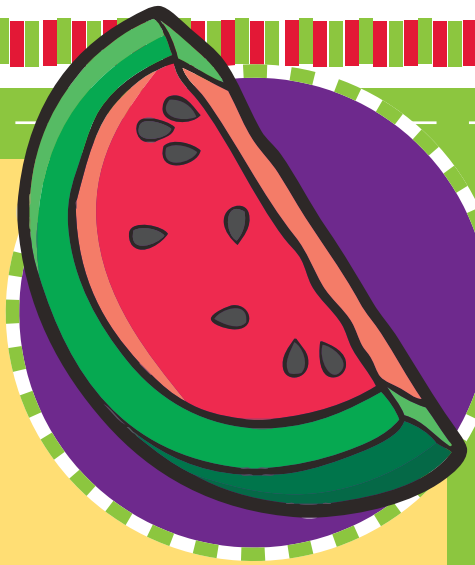


In Season:



Watermelon!



NUTRIENTS IN WATERMELON:

Vitamins: A and C.

SELECTION:

Choose symmetrical watermelons with dried stems and yellowish undersides. They should be heavy for size.

STORAGE:

Store whole watermelons at room temperature. Refrigerate cut watermelons in airtight container for use within 5 days.

QUICK FIX TIPS:

- Top watermelon chunks with low-fat yogurt and granola for a crunchy, sweet treat.
- Combine watermelon balls, blueberries, and whipped cream for a red, white, and blue dessert.
- Have your kids use cookie cutters to cut fun shapes from slices of watermelon for a quick, nutritious snack.

Hot & Sweet Watermelon

Prep Time: <20 Minutes

Serves: 4

Cups of Fruits and Vegetables per Serving: 1½

Ingredients:

- ¾ tsp whole peppercorns or coarsely ground black pepper
- 1½ tsp very finely chopped mint leaves
- 6 cups of ¾-inch seedless red watermelon cubes
- Fresh mint leaves

Preparation:

1. Place peppercorns on chopping block.
2. Using the bottom of a heavy saucepan, press firmly with a heavy downward motion and crush peppercorns into a semi-coarse texture.
3. Combine ground peppercorns with finely chopped mint.
4. In a large bowl, toss spice mixture gently but thoroughly with watermelon cubes.
5. Spoon into 4 individual serving glasses or bowls. Serve chilled, garnished with a fresh mint leaf.



Nutritional Information per Serving:

Calories:71; Total Fat:0.4g; Dietary Fiber:1g; Sodium:2mg

Recipe is courtesy of Produce for Better Health Foundation (PBH).



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